



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

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

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Ghanshyam Charitra

Ghanshyam Maharaj fighting with Wrestlers

In the video, it can be seen that the wrestlers had a lot of pride (maan). The wrestlers felt that they were far more powerful and were experienced in wrestling as opposed to Ghanshyam Maharaj. They believed that Maharaj was a small boy, how could he possibly have strength to challenge them, hence they were overconfident. To relate this to our lives; even though we might be doing satsang for many years, the new people who come into Satsang should not be underestimated i.e. do not have maan that you are greater than them.

In daily life we should not underestimate others and should not be filled with overconfidence. This has led to many falling from Satsang due to their overconfidence and has given them a false sense of ego making themselves believe that no one is as good as them.

Furthermore Swaminarayan Bhagwan has stated himself that he strongly dislikes those who are filled with Maan. Therefore at all times we should remain humble and prideless to please Shreeji Maharaj.

Discussion:

1. What is Mann? (5 min discussion)
2. How does Mann arise? (10 min discussion)
3. How to get rid of Mann (10 min)

References:

1. **Shikshapatri Shlok 188** (even though the shlok is for sadhus, the latter part applies to everyone)
2. **Vachanamrut Loya 14** - One of the questions in this Vachanamrut, what is maan like? Shreeji Maharaj replies "I have a strong dislike for those who have Krodh, maan or irshya. Those who have krodh, maan or irshya they can be seen to definitely deteriorate from Satsang. For this reason I am deeply saddened by these types of people. A person with maan remains arrogant even before those who are superior to him; he cannot be humble and serve them."
3. **Vachanamrut Loya 16** - A question asked my Muktanand swami, how can maan be eradicated? Shreeji Maharaj replies "A person who thoroughly realises the greatness of Bhagwan does not have maan. Look at Uddhavji



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and how wise he was. He was skilled at Niti Shastra and had physical characteristics of a King. However he understood the greatness of Bhagwan, he put aside his maan and seeing the love of the Gopis for Bhagwan, he prayed “May I become a tree, a vine, a blade of grass, or maybe a shrub – anything that has been touched by the dust from the feet of the Gopis” Therefore, whoever wishes to eradicate maan should realise the greatness of bhagwan and his sant.”

4. **Bhagwat geeta, Chapter 16, Verse 18**, Shree Krishna said: O Arjun, bewildered by false ego, strength, pride, lust and anger, these egoist people become envious of the Supreme Lord, who is situated in their own bodies and in the bodies of others.
5. **Bhaktachintamani Prakran 110**, talks about those who were free from maan, those who had fallen because of maan and the way to overcome maan.