



## 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](mailto:bym@sksst.org)

### Swabhavik Chesta Explanation Pad 1-2

#### **BRIEF BACKGROUND**

After Shreeji Maharaj left the earth for Akshardhaam on Jeth Sud 10, VS 1886, there was a lot of mourning and naturally a sense of despair had spread out in the whole Sampraday, not only in Gadhada. And to add to the gloom, Muktanand Swami who was considered as the Mother of Satsang and who had all along borne majority of the load of the Sampraday, also left his mortal body to serve Maharaj in Akshardhaam. It was now very difficult to console saints and haribhaktos, majority of who, with great difficulty, were just about refrained from committing suicide.

In an attempt to make everyone get back to their normal lives and to continue the construction of ongoing temples and the spread of satsang, Gopalanand Swami requested Premanand Swami to compose a song that everyone could sing and in which all the daily habits and plays of Maharaj would be on each verse, so that all could sense the presence of Maharaj at all times.

With great difficulty, Premanand Swami gathered the pieces in his shattered heart and composed the SWABHAVIK CHESTA, a kirtan made of 10 verses. Normally he would compose and sing songs at a go, but while composing this kirtan he took a lot of time, breaking down in grief upon remembering the divine leelas, and knowing that those precious moments would never come again in their lives.

#### **PAD 1**

**Pratham Shree Hari ne re, charne shish namavu;**

**Nutam lila re, Narayan ni gavu 1**

*First I bow my head at the lotus feet of Shree Hari, the destroyer of all my sins, to symbolise my acceptance of Him as being my Lord. Then I sing in His praise all the leelas that He did, and which are so unique and superior that no one other than Maharaj has earlier done any better leelas.*

**Mota muni var re, ekagra kari man ne;**

**Jene kaje re, seve jai van ne 2**

Great sages have made numerous efforts to control their mind and keep it focused in meditation of this Bhagwan. They have renounced the material pleasures of this world and gone to live amidst the hardships of forests in order to serve this Lord.

**Asan sadhi re, dhyan dhari ne dhare;**

**Jeni chesta re, sneh kari sambhare 3**

They make great effort to concentrate their minds on Bhagwan and sit in cross-legged mode. They recall and recite all the daily routine tasks that Bhagwan normally does.

**Sahaj swabhavik re, prakruti Purushottam ni;**



## 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](mailto:bym@sksst.org)

---

### Sunta sajni re, bik matade jam ni 4

Listening to and remembrance of even the most elementary of the almighty Lord's daily routine tasks would overcome one's fear of hell.

### Gavu hete re, Hari na charitra sambhari;

### Pavan karjo re, Prabhuji buddhi mari 5

With devotion I remember and sing all the leelas of Shree Hari. I pray that the Lord will sanctify and bless my mode of thinking to become the pure and divine knowledge.

### Sahaj swabhave re, betha hoy Hari jyare;

### Tulsi ni mala re, kar lai ferve tyare 6

I now start to say what my Lord normally did in the course of the day. Ordinarily, when the Lord is sitting, He would take a rosary made out of the wood of the sacred Tulsi plant and would start doing that mala.

### Ramuj karta re, rajiv nen rupala;

### Koi harijan ni re, magi laine mala 7

My Lord, who has the most beautiful eyes I have ever seen, would sometimes create a humorous situation, having fun with the saints and haribhaktas present. Sometimes He would borrow a rosary mala from a devotee.

### Bevdi rakhi re, babbe manka jode;

### Ferve tani re, koik mala tode 8

He would double loop the rosary and would do the rosary taking two (and at one instance a varying number of) beads at a time (unlike how we do it, in a single loop and taking one bead at a time). He would sometimes stop doing the mala while speaking (This is the true meaning for "**Mala tode re**" and does not mean he use to break the mala as a lot of videos depict), all these actions have a deep rooted significance.

### Vato kare re, ramuj kari ne hasta;

### Bhedi kari re, mala karma ghasta 9

He would talk to the saints and devotees who have gathered and laugh with them occasionally when a humorous situation arises. Sometimes, He would fold the mala in his palm and rub it against His hand.

### Kyarek michi re, netra kamal ne swami;

### Premanand kahe re, dhyan dhare bahunami 10



## 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](mailto:bym@sksst.org)

Occasionally my Lord, who is called by many names, would just close His eyes which resemble lotus petals, and would sit in meditation. All these moments and mannerisms have been cherished by devotees.

### **PAD 2**

**Sambhar saiyar re, lila Natnagar ni;**

**Sunta sukhdu re, ape sukh sagar ni** 1

My dear friend, listen as I recite all the daily habits of the One who toys with all beings on all universes. Hearing the leelas of the Lord will give you eternal joy.

**Netra kamal ne re, rakhi ughada kyare;**

**Dhyan dhari ne re, bese Jivan bare** 2

He would sometimes sit outside and keep His lotus-like eyes wide open and go into meditation, unlike ordinary humans who have to close their eyes to look at the inner self.

**Kyarek chamki re, dhyan karta jage;**

**Jota Jivan re, janma maran dukh bhage** 3

He would sometimes get startled, not by outside events but by what He has observed in His meditation, and would awaken out of meditation. Having sight of the same open eyes upon such occasions would drive away all the sorrows and miseries of the birth and death cycle that all beings face.

**Pota agal re, sabha bharai bese;**

**Sant harijan re, samu joi rahe chhe** 4

Saints and devotees assemble in a congregation and sit in front of Him. They all stare in awe at the Lord, amazed at His beauty and considering themselves blessed to have had this sight that sages yearn for.

**Dhyan dhari ne re, betha hoy Hari pote;**

**Sant harijan re, trupta na thaye jote** 5

While the Lord himself is seated in deep meditation, the on-looking saints and devotees cannot be content or feel satisfied of seeing this sight. They want to remain looking at this Murti forever.

**Sadhu kirtan re, gaye vajadi vaaja;**

**Temne joi re, magan thaye Maharaja** 6

The poet saints play musical instruments such as harmoniums and sing songs of devotion in praise of the Lord. The Lord sees this and becomes interested and acknowledges their



## 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](mailto:bym@sksst.org)

---

devotion.

**Temni bhela re, chapti vajadi gaye;**

**Sant harijan re, nirkhi raji thay** **7**

The Lord would also snap His fingers in tune with the music being played and sing along with the saints. All the saints and devotees who get to watch this divine sight become very pleased.

**Kyarek sadhu re, gaay vajadi taadi;**

**Bheda gaye re, tali dai van maadi** **8**

And when the saints sing songs of praise and clap their hands, the Lord, who is the perfect gardener nurturing His created garden of saints and devotees, also joins in and claps His hands to match the tempo.

**Agad sadhu re, kirtan gaay jyare;**

**Pota agad re, katha vanchay tyare** **9**

When the saints sit in front of Him and sing devotional songs of praise, or when the divine scriptures are being read out, generally by priests such as Pragji Purani, or at times by saints.

**Pote varta re, karta hoy bahu nami;**

**Khasta ave re, Premanand na swami** **10**

Or when the multi-named Lord is giving out some specific sermons based on questions asked, He would get so engrossed and would move forward towards the assembly to be as close as possible to His beloved saints and devotees.