



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

Behaviour in Mandir

Why go to Mandir?

- Pray
- Do seva
- Acts as educational centre
- Learn new things from other devotees, saints and scriptures.
- One can not meditate/concentrate at home due to distractions such as T.V, computer etc.
- Lord Swaminarayan has stated in the Shikshapatri, my devotees should go to the temple daily, so it is one of the rules we should follow.
- It is a means of achieving salvation.
- It is said 100 malas at home = doing 1 mala at the mandir.
- Maharaj in G.M.P Vachanamrut 27 said that even if your vairagya is weak and upasana is maintained then the soul will achieve its ultimate good (moksha).
- It is a home for everyone, where they can attain peace and gain blessings.

When coming to mandir

- Remove your shoes
- Wash your hands. **WHY?**
- When praying to god standing in front of the Murti's, what should be on your mind?
 - You should focus your mind on god's Murti; no other thoughts should come into your mind. (How should the focus start, e.g., start at his feet then move towards the head).
 - Do not look around at other people to see what they are doing.
 - Do not look over at ladies side or gents side.
 - Don't think of god as a picture/photo but him actually present in front you.
- After performing danvat, do pradikshna of the singhasan.
- If saints are present do their darshan and sit down in the sabha and not upstairs or on the stairs.



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

- Listen to the katha. (**WHY** is listening to katha so important – your mind is purified by listening to Bhagwan's leela's and you gain knowledge).
- If possible try and do 'Sant Samagam' **WHY?**

Behaviour and attitude in Mandir

- Do not swear (obvious but it is being done).
- Do not speak badly of others. (**WHY** – refer to Shikshapatri, you are hurting others unintentionally, no one is perfect, we should only take positive attributes. Maharaj has said in the Vachanamrut that do not take 'avgun' of others).
- Be kind to everyone even those you may not like.
- Treat everybody with respect young and elderly. (Do not forget, you go through all the stages and think how you would like to be treated).
- Do not judge others.
- Leave ignorance at home.
- Wear decent clothes. (Obvious but not emphasised enough).