

**Bochasanwasi Shri Aksharpurushottam Swaminarayan Sanstha
Satsang Shikshan Pariksha**

SATSANG PARICHAY PAPER 1

Time : 9.00 to 11.15 a.m.

Total Marks : 75

Sunday, 3 March, 2019

Note : 1. Answer of the prescribed edition only will be accepted. Any other answer from different addition will not be accepted. 2. Numbers of the right side indicate marks of question number. 3. Numbers in the blanks on the right side of the answer indicate lesson number & page number.

👉 Important Note 👈

In the question paper the marks of each sub-question should be written in the box (

mark : 1	
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) given on the right side and the marks obtained by the candidate should be written in the adjacent box. If the answer is wrong then write '0' (zero) in the given box. The sign or indication of true (✓) or false (X) of each sub-question should be marked only on the left-side before the question starts.

👉 Important Note 👈

While checking the answers, when you come across lengthy answers i.e. shortnotes, reasons, brief answer in five sentence etc. Justify to the left side of the paper for any marks deducted. If the candidate has forgotten to mention any mentioned points then the examiner can deduct mark likewise and explain to the leftside of the paper that which point is not mentioned by candidate. For example there is question in March-2013, Pravesh paper-1, "Transformation of JobanPagi" JobanPagi said to Maharaj, 'Oh Lord, I am crooked worthless and foolish. I was unable to recognize you for who are you. Oh compassionate one! please have pity on me. Please free me from my sins.' If any point is not written then write "My sins" at left side.


(SECTION-1: SAHAJANAND CHARITRA, 6th Edition, January 2013)

Q.1 In the sentences below, state who is speaking to whom and when. (Total Marks: 9)

👉 Note : Who is speaking 1 mark, to whom 1 mark and when 1 mark.


1. "Please do go and console them." (1/3/4)
👉 Maharaj - Muktanand Swami
👉 All the devotee missed Ramanand Swami greatly, So Maharaj called Muktanand Swami to go to Bhuj while saying this.
2. "We are all simple people who know very little, please overlook our mistakes." (8/4/68)
👉 Devotees and Sadhus - Maharaj
👉 When the devotees and sadhus realized the great significance of their divine attainment, they said this.
3. "He will give you all necessary assistance." (18/1/129)
👉 Maharaj - Devotees of Kutch
👉 The devotees of Kutch pray to Maharaj build a mandir in Bhuj, while sending Vaishnavanand Swami in Bhuj Maharaj said this.

- Q.2 From the given options, place a tick (✓) in the box next to the correct ones. (Total Marks: 4)**

 **Note: One or more of the options may be correct. Full marks will be awarded only if all the correct options are chosen, otherwise no marks will be awarded.**

1. Ans: 1, 4 (11/3/89-90) 2. Ans : 2, 3 (3/1/22)

- Q.3 Fill in the blanks. (Total Marks: 4)**

 **Note: Marks will be given only if both answers are correct.**

1. Maharaj, 1869 (11/1/88) 2. Akshardham, Sorath (21/2/150)
3. Dudh piti, Kathis/Rajputs (5/1/38) 4. Atmaram, Bhavnagar (23/2/156)

- Q.4 Write short note on any ONE of the following. (in 15 lines) (Total Marks: 5)**

- 1. A Monkey Telling Beads. (17/4/126-127)**

One evening Maharaj was addressing the holy assembly **on the bank of Dharu Lake. A monkey came** there leaping and sat on a tree branch. Kathis remarked, 'Maharaj, **Bhagwan Ramchandra probably had such monkeys in his army. I wonder how such monkeys could have fought using weapons?**' Maharaj replied, 'Certainly, only such monkeys by the grace of God attain the power to fight in the war.' The Kathis who were listening to Maharaj observed, 'If it is true then **make this monkey perform some divine action.**' Maharaj cast a divine glance at the monkey and the animal jumped down on the ground and fell at the feet of Maharaj and sat before him. Maharaj gave him a rosary. The monkey sat in a lotus posture and **started telling the beads**, while chanting the Swaminarayan mantra. The monkey recited some **verses from the Tulsī Ramayan**. The Kathis again remarked, 'How could such a small animal lift the Gandhmadan Mountain?' Maharaj threw a divine glance at the monkey, and it attained a huge body and soared into the sky, **lifting the Gandhmadan Mountain on his palm**. After the festival, Maharaj laid the foundation-stone for a mandir. Maharaj **decided to install his own murti himself**. The devotee of Gujarat wholeheartedly pledged money for this cause.

- 2. Nishchay to Ramchandra Sheth. (2/2/12)**

Ramanad Swami used to **run an almshouse** to feed the needy at Mangrol. Maharaj thought of restaring it so that the pilgrims going to and from Dwarika could be served. Maharaj **started giving alms** at the place which belonged to a **vairagi named Atmaram**, with his permission. But he after some time **started creating trouble**, so the almshouse was discontinued. Maharaj went to **Dudh Talavdi in Mangrol** for a bath. He was accompanied by **many devotees** including **Ramchandra Sheth**. Ramchandra Sheth thought that the water was very clean but there was **no stone slab for washing clothes**. He spotted a stone weighing about 1,000 maunds some fifty to sixty steps away. He said to Maharaj, "Had you not lifted Mount Govardhan in your avatar in Krishna? If you lift that stone with one finger, and put it here on the bank on the pond, people will be convinced that you are God. "Maharaj said" **you go and touch the stone**. It a shall make the stone fly to this spot." Ramchandra Sheth went there and touched the stone. The stone flew and fell into the water near the bank of the lake. Maharaj said to Ramchandra Sheth '**If by lifting stone one can be called God**, than Hanumanji had lifted Gandhmadan mountain, which was bigger than even Mount Govardhan. To grant others samadhi, to show the divine abode of God, to grant salvation to any jiva by trans forming his antahkaran, to transform even an evil person into a God-worshipping devotee by freeing him of his flaws - these are the function of God. Therefore **You should not believe that one who perform miracles or shows powers is God.**

3. I am Constantly Dwelling in you. (24/9/170)

Everyone felt the vacuum created by **Maharaj's departure** to Dham. They were all stupefied. Dada Khacher was thinking, '**Now who would bestow divine bliss upon us?**' **Gopalanand swami** approached him and said 'If you break down like this, everyone will break down. You **go where Maharaj used to sit**', He reached the bethak and witnessed a miracle. He saw Maharaj addressing the congregation and was talking to the devotees. Maharaj consoled Dada Khacher and said, "**Why are you crying? I will continue to give you my darshan.**" He took off the garland from his neck and gave it to Dada Khacher. The last rites were over. **Gunatitanand Swami** was returning from **Lakshmi Vadi**. He saw green grass near the water and thought, '**Water is the life of this grass** and that's why it is fresh, green and cheerful. **But our life, Maharaj, has left us.**' At this very thought he fainted there and his tumbdi rolled away from him. Soon Maharaj appeared in a divine form. He held Swami by the hand and revived him from the swoon. Then he said, 'What is this? **Where I have gone? I am constantly dwelling in you.**' Maharaj repeated this promise **thrice** and again convinced him about his manifestation on earth through his God-realized Sadhu and disappeared.

Q.5 Answer ALL of the following, using one sentence (not just one word) for each answer. (Total Marks: 5)

 **Note: No mark for incomplete answer.**

1. Which questions did the learned brahmins ask Atmanand Swami? (7/2/56)

A. 'What is your form?' this question asked brahmins to Atmanand Swami.

2. When was the pilgrimage said to have been completed? (19/4/139)

A. At Dwarika, bath in the Gomti, a seal print on the arms and chest and then a darshan of Dwarikadhish, after this the pilgrimage said to have been completed.

3. Why did the Kshatriya Darbars accompanying Maharaj keep weapons?(14/2/104)

A. The Kshatriya Darbars keep weapons as per the traditions of their community, So the troublemakers see their weapons, they behave themselves and are discouraged from torturing the innocent sadhus.

4. What did Maharaj say after buying murtis from the muktas? (4/3/34)

A. Maharaj said, 'These murtis are my form. I will stay here and will be called by the name of Vasudev-Narayan.'

5. What did Maharaj say to Sonbai? (12/1/94)

A. 'Bring whatever you have cooked. I shall eat only your food.'

Q.6 Give reasons for the following (two to three lines each). (Total Marks: 6)

1. Premanand Swami composed the bhajans to commemorate the wedding of Radha and Rukmini. (13/3/100)

A. At Sukhpur the women were singing vulgar songs, full of abuses. Maharaj became unhappy, he asked to Premanand Swami and Muktanand Swami to compose bhajans to commemorate the wedding of Radha and Rukmini.

2. In Samvat 1861 Shriji Maharaj arrived in Gadhada for the first time. (4/1/31)

A. Samvat 1861 Maharaj arrived in Kariyani, he stayed at the house of Mancha Bhagat and darbar of Vasta Khachar. Abhel Khachar and his whole family of Gadhada came to Kariyani and requested, "Maharaj, kindly visit Gadhada and grace our darbar." Then in Samvat 1861, Shriji Maharaj arrived in Gadhada for the first time.


3. Indra became active and with a great thunderstorm it started raining heavily. (10/1/74)

A. The month of Shravan was about to end. But in sarangpur it has not rained. People approached Maharaj and prayed. He made the gathering meditate on his divine

figure and chant the dhun. Yet not a cloud was to be seen in the sky. At night, Maharaj while lying in bed, scolded Indra. So Indra became active and with a great thundersform it started raining heavily.

(SECTION-2: SATSANG READER PART-2, 4th Edition April 2011)

Q.7 In the sentences below, state who is speaking to whom and when. (Total Marks: 9)

 **Note: Who is speaking 1 mark, to whom 1 mark and when 1 mark.**

1. **“I will give you an exprience of this some day.” (6/44)**

⇒ Maharaj - Laduba

⇒ Laduba had a doubt and asked Maharaj, is it true that Durvasa had eaten everything cooked by the gopis all by himself. Maharaj replied with this.

2. **“You will have to face Nityanand Swami. Have you thought about that?” (1/6)**

⇒ Maharaja Sayajirao - Scholars/Pundits

⇒ The pundits of the royal court went to Maharaja Sayajirao to seek his permission to participate in the Ahmedabad debate. At that time, Maharaja asked this.

3. **“One should not care for taste in God’s prasad.” (4/30)**

⇒ Ayodhyaprasadji Maharaj - Devotees

⇒ A village called Gamdi, Dudhpak had been prepared and Acharya Maharaj was served. The devotees sat to eat and than they discovered that instead of sugar, salt had been added to the dudhpak. The devotee felt sorry and apologized to Acharya Maharaj.

Q.8 Select the SIX correct sentences from below and write them in the correct story sequence in the boxes. (Total Marks: 6)

Topic: Mulji Brahmachari Constantly Thinking of Maharaj. (3/22-23)

(1) Write the correct sentence numbers	2	5	7	8	10	12
(2) Correct sequence of sentences	5	2	8	7	12	10

Note: (1) 3 marks will be awarded in the correct sentence number only if all the six sentence numbers are correct and (2) 3 marks will be awarded only if all the sequence of sentence numbers are correct. Otherwise no marks will be given.

Note : (1) Correct sentence numbers: Give 3 marks correct in any sequence, otherwise no marks will be given.


(2) Correct sequence of sentences: Give 3 marks if all sequence of sentence numbers are correct as per answersheet otherwise no marks will be given.

Q.9 Write short notes on “Dada Khachar’s Estate” (5/36-38) (in 15 lines). (Total Mark 5)

Dada Khachar served Maharaj with deep love and devotion and Maharaj was never tired of praising him in public. Therefore, Jiva Khachar grew jealous of Dada Khachar. As Dada Khachar had no child, Jiva Khachar had eye on his property. During that period Dada Khachar fell seriously ill. Jiva Khachar thought, ‘On the dath of Dada, I will inherit his estate.’ The omniscient Maharaj read his mind and in order to thwart Jiva Khachar he advised Dada Khachar “Dada, you assign your estate to your two sisters.” Without a moment’s hesitation or doubt Dada Khachar signed over his estate to his two sisters. Such was his trust in Maharaj that he didn’t even think, What will I do to survive? When Maharaj inquired, What will you do now? Dada Khachar replied, ‘I will go to Bhavnagar and serve the king.’ Then Maharaj sent for the two sisters and said, ‘What will you do when you have go to to Bhavnager in connection with the estate? So appoint a manager.’ He called Dada Khachar back and said ‘Instead of looking for a job elsewhere, stay here at the darbar and serve your sisters.’ Dada willingly accepted


Maharaj's offer, and for almost a year looked after the sisters estate. Once, Maharaj called both the sisters and said, 'Why do you need this estate? Return it to Dada Khachar.' Thus, he had the estate transferred back into Dada's name. Only a most trusting devotee like Dada Khachar could have passed through such a severe test. No one else could have acted in the manner he did. A longstanding dispute was going on between Dada Khachar and the Bhavnager state regarding his estate. It had remained unresolved. Every time he went to Bhavnager, Maharaj used to bless him, but somehow the case would be adjourned to a future date. Even then Dada Khachar never thought, 'In spite of Maharaj's blessing no favourable judgement is forthcoming.' Once, in the month of Jeth, millet had been harvested ready to be stored, but there was sudden shower and the entire yield was washed away in no time. Even then Dada Khachar was not upset for even a moment. He derived great inner strength from his understanding, 'Everything Maharaj does is for our good.' Thus, he had absolute devotion towards Maharaj.

Q. 10 Answer ALL of the following, using one sentence (not just one word) for each answer. (Total Marks: 4)

 **Note: No mark for incomplete answer.**

- 1. Which activity did Ayodhyaprasadji Maharaj encourage? (4/32)**
A. Ayodhyaprasadji Maharaj was encourage the spread of divine wisdom.
- 2. How was the world as per Jaga Bhakta's opinion? (7/54)**
A. This world is a source of misery as per Jaga Bhakta's opinion.
- 3. Whose murti the sisters always saw in place of the murti of Gopinathji?(6/47)**
A. The sisters always saw the murti of Maharaj in place of the murti of Gopinathj.
- 4. How Shriji Maharaj looked upon music? (2/16)**
A. Shriji Maharaj looked upon music as an invigorating element in the Bhakti tradition.

Q.11 Rewrite the incorrect words shown below in relation to the sentence heading. (Total Marks: 4)

 **Note: Marks will be awarded only if a sentence is written completely correct. Otherwise no marks will be awarded.**

- 1. Shri Krishnaji Ada:** At 3.00 pm Bhadrvo sud 12, Samvat 1969, Yogiji Maharaj and other sadhus were called from the mandir. Krishnaji ada said, Swami, Jai Swaminarayan. Now I am returning to Dham. (8/68)
A. Shri Krishnaji Ada: At 2.00 am Aso sud 11, Samvat 1969, Shastriji Maharaj and other sadhus were called from mandir. Krishnaji ada said, Swami, Jai Swaminarayan. Now I am returning to Dham. (8/68)
- 2. Sadguru Nityanand Swami:** Once, Shriji Maharaj came to Jamnagar along with Gopalanand Swami and other parshad. He was accorded a warm welcome with great simplicity by the Vizier. (1/3)
A. Sadguru Nityanand Swami: Once, Shriji Maharaj came to Junagadh along with Nityanand Swami and other sadhus. He was accorded a warm welcome with great pomp by the Nawab. (1/3)
- 3. Swami Jaga Bhakta:** Swami Dinmani Bhakta's brother's name was Jadhav Bhakta and sister's name was Virjabai. Jadhav Bhakta was a staunch devotee of Shri Krishna.
A. Swami Jaga Bhakta: Swami Jaga Bhakta's father's name was Raghav Bhakta and mother's name was Ratanbai. Raghav Bhakta was a staunch devotee of Shri Ram. (7/49)
- 4. Premsakhi Premanand Swami:** It was evening when they arrived at Jhinabhai's gate. The assembly was about to start. But the musicians expressed their earnest desire to hear the Bhajans of Muktanand Swami. (2/14)
A. Premsakhi Premanand Swami: It was noon when they arrived at Dada Khachar's darbar. The assembly was about to disperse. But the musicians expressed their earnest desire to hear the music of Premanand Swami. (2/14)

Q.12 Give reasons for the following (two to three lines each). (Total Marks: 4)

1. All the doubts about Swami's divinity were cleared from the minds of the devotees of Mevasa. (8/64)


A. In Junagadh Bhagatji Maharaj was delivering religious discourses. In the course of one discourse, he talked about the glory of Swami. When Karsanjibhai heard these he thought, 'This Swami seems to be great'. Bhagatji Maharaj instantly read his mind, and pointing towards Swami, said, 'This Swami who seated here is Mul Akshar, the abode of the Maharaj.' Swami endorsed Bhagatji Maharaj's words, 'It is as Pragji says.' This statement cleared all the doubts from the mind of the devotees of Mevasa.

2. Raghav Bhakta gave consent to Jaga Bhakta to renounce the world. (7/51-52)

A. In the presence of Raghav Bhakta, Amarbai spoke to Jaga Bhakta, I willingly give you my consent if you want to renounce. I, too shall lead a life of sankhyayogini and worship Shriji Maharaj. Raghav Bhakta was deeply moved to hear this and revealed, 'Once Gopalanand Swami had indirectly told me, "Your son will liberate innumerable souls." If you want to renounce, please happily go to Junagadh. Our humble prayer is that at the time of our end may Shriji Maharaj come to take us to his Dham.

(SECTION-3: ESSAY)

Q.13 Write an essay on any ONE of the following. (in approximately 30 lines.) (Total Marks: 10)

 **Note : Essay is an independent original subject. In addition to following points many other points might be included. Examiner has to examine essay on the basis of originality, knowledge of sampraday, special analysis and point from any other scriptures.**

1. Sydney: Festival Celebrations with Swamishri: (Swaminarayan Prakash (Gujarati) April 2018, Page No. 20 to 23) In 1996 B.A.P.S Swaminarayan Mandir's consecration of murti at Parameta of Sydney by P. P. Pramukh Swami Maharaj - by his blessing happened, so satsang constantly increase - Mandir built new - so in 2014 second time mandir's celebrated consecration of murti - but this Mandir also fell small in size in one year so by P. Pramukh Swami Maharaj's blessing and P. Mahant Swami Maharaj for build grant pinnacle mandir for speed motion - recent him satsang tour, in the meanwhile mandir's volition.

1. Dated 27/2/18 Swamishri's arrival at Sydney Mandir - Devotees novel gladness - in evening sabha is Bal-Kishore din Sabha - it main thought - 'Chalo chale Hum Akshardham' write on bunch of balun in the sky by Swamishri - Beautiful Ragoli and also welcome by Mayer of town wearing garland of flowers to Swamishri - Swamishri also wearing garland to Mayer and give him memorable-gift - Mayer give well wishing for progress work of Sanstha - An appreciation of Sanstha's activities - after that referred impress of drama(conversation) - Blessing: Maharaj not keep anyone fault in talk. The Universe fill up that much doing achieving(remedy)but without Devotion not go Akshardham - If you have trust in God, so that get Akshardham - another all fault pass away.

2. Satsang Sabha: Dated 28/2/18 of sabha perform by Children, Yuvak and Devotees performed pertaining to culture programme - Blessing: by grace of Sant divine achievement - in popular sense quarrel-strife-dispute-for that joining in pure Sant - keep Nirdoshbuddhi in them.

3. Janmajayanti of Bhagatji Maharaj: Date of 1/3/18 celebration of heavy preparations of 189 Janmajayanti of Bhagatji Maharaj - Bhagatji Maharaj's jivanbhavana placed by sang kirtans in Swamishri's morning Puja - Chiefs of religious Sansthas gave honour - letter to Swamishri and get blessing - Swamishri's blessing in evening: Not bring Human Nature in Devotees. - Moksh's door shutdown - Satsang is like light (tej) of the sky - that for take care of Satsang. Nrutyanjali(dance) by Kishors.

4. Date of 2/3/18-Pushpadolotsav: this day joy for devotee's enthusiasm. Arrival of devotees from Australia, U.K, U.S.A, Africa, U.A.E and also coming from east country - different colours, beautiful clothes wearing Thakorji's divine shobha - sang kirtans of pushpotsav - different divines in atmosphere - Main festival in evening - Around about 10,000 Devotees overflowed festival place Swamishri's honour by trum - is a dream or what? - 'Haiyu haath nathi rehtu' Bhakti dance - Start sabha from dhun-prathana - Swadharm, Seva, Samp and Understanding etc. subject on nice programme - Swamishri's welcome by Australia's member of parliament - he is waiting for inauguration of new shikharbaddh mandir that he said - he is impressed by B.A.P.S. activities - E-books, Granths of inauguration by hand of Swamishri - Blessing: 'Maha balvant Maya Tamari' in this Prathana all of substance coming in it - after that main programme of Rangotshav - Small jet(squirt) in hand of Harikrishana Maharaj and also Swamishri ready to colouring to Harikrishana Maharaj by small jet - Brahman and Parbrahman's sprinkling of colour on one-another by saffron water - this is divine view. First Swamishri sprinkling of colour on Chief guest after that on Devotees - Pushpadolotsav like as blessing - Sants also sprinkling of colour - so much joy and enthusiasm, with voice of B.A.P.S ek parivar sabha's end - On Australia's land this festival happened divine-page in here satsang's history.

2. **Ghar Sabha: Spreads Love and understanding:** (Swaminarayan Prakash (Gujarati) May 2018, Page No. 15 to 17) In present time in every family as if equal kind of questions to be produced - Ghar educated or non educated, Ghars small or big bungalow, Ghar have completely full with comfort and convenience but in most of the Ghar has enmity husband-wife, mother in law-son in law, father-son between one kind of misunderstanding created so they cannot talk with one another or to be avert talk.

1. In family have not Unity then not get happiness or peace, not get progress and cannot get enjoy of satsang and bhakti - in all this some insufficient so want to Samp or Suhadbhav but not stay - P. P. Pramukh Swami Maharaj show this insufficient thing - Swamishri listen during his whole life lakhs of people's emotions so in family build unity-therefore show two main plan.

2. Swamishri show plans here 1. An effort for understand one-another. 2. To keep broad mindedness. they show us this two plans can be successful thus medium. Satsang and Ghar Sabha. plan 1 : one another understand by Ghar sabha - when one person understand feeling of another person, his angle of vision then come out soft corner in relation. yuvak cannot talk with father-mother, but talk with his friend many hours - because he feel that my friend understand my feeling - if the members of family seat with and do Ghar sabha, the members of family talk with each other then generation gap dissolve - incident : Yuvak live in New Jersey start Ghar Sabha with his parents - the members of family in talk, show own liking - discussion after some programme - so continuously produced question should be solve - Social and business problem also peacefully discussion in Ghar Sabha. so between distance go away - in family unity doing main source of difficulty start by doubt - be doubt - incident : Yuvak do job - Yuvak do more work in job so come late at home - wife have doubt - quarrel - reached at end - land lord solve their quarrel - the Yuvak show their family live in happiness and peace he also start Ghar sabha - begining Yuvak do Ghar sabha alone - slowly his wife and parents also seat there - because of Ghar Sabha there home start with joy, love and faith. 2. To keep broad mindedness for Ghar Sabha: home is small but in living member mind should be broad - family is not professional or government office, so fear with management everyone do in rule - necessary of love - by fear not stay proper anger is big an enemy of family - Do mistake by any member of family that time not lose your politeness (discrimination) - sometimes anger's result come out bad - Doing Ghar sabha slowly come proper understanding in everyone heart - suffer to mistake, take an abiding, keep coolness of the mind and keep control on anger capacity is increase - incident of

Vadodara's devotee: his wife nature is angeriness - different opinions with mother-in-law - but by Ghar Sabha slowly fundamental change - devotees of Jamnagar's by nature his home and customer in business with dispute - with inspiration of Pramukh Swami Maharaj start Ghar Sabha - in five years change in his nature - peace in Ghar and morally sound conduct with his customer economical profit - New Jersey Devotee read book of 'Swabhav vash sansar' in Ghar Sabha - by result everyone broad mind with each other - Ghar Sabha change our nature - Ghar sabha is sanjivani. Experience of Odarka's Devotee - three brothers divided part of proper with unity and handover divided part of three by Dr. Swami.

Thus by Ghar Sabha save the broken family - everyday to be tired by quarrel In Ghar a stream of peace - Every home to be reach this Suhadbhav's Gagotari by Pramukh Swami Maharaj. To move every corner in the world. this great gift gave by them forever respect whole world.

3. Fasting: Medicine for Self-Purification: (Swaminarayan Prakash (Gujarati) July 2018, Page No. 16 to 17) What follows is Pragat Brahmaswarup Mahant Swami Maharaj's guidance on fasting at the beginning of the holy months of Chaturmas.

(1) Shriji Maharaj has placed great importance on fasting in our sampradaya. Many people fast for the health benefits, which is valid because fasting leads to great improvement in one's health. (2) However, for satsangis, fasting yields a much greater benefit – the rajipo of Bhagwan. (3) One of Bhagwan Swaminarayan's names which we say in the JanmangalNamavali is 'TapapriyayNamaha'. Tap is priya to Him. (4) Our body and health benefit greatly from fasting, especially in terms of cleansing our bloodstream. Even animals fast from time to time as it also builds strength that is good for the body. (5) From an external perspective, fasting may seem to make our bodies weak. However, fasting actually purifies our bodies from the inside. Yogiji Maharaj used to say that fasting eliminates gas, colds, cough and other common ailments. (6) Many say that fasting causes acidity, but the acidity is actually our body trying to flush out toxins to cleanse it. In reality, fasting leads to cell regeneration and removal of old cells. For this reason, though we may think our bodies weaken during a fast, they are actually strengthening.

Doctors in America and Africa have proven through experiments and observation that fasting has many positive effects on a person's health. Though fasting may seem basic and simple, it actually has profound positive effects on our body. (7) But the greatest fruit of fasting is the rajipo of Bhagwan Swaminarayan. Shriji Maharaj has specifically said for all haribhakto to do Ekadashi throughout the year and to take extra niyams related to tap-vrat-. We must follow those niyams properly. (8) Fasting is necessary for discipline in life and to overcome our flaws. Fasting is the medicine for self-purification. (9) If we break our fast improperly, we do not gain the fruits of the fast. Therefore, it is important to maintain discipline in ending our fast as well. (10) Yogiji Maharaj said to eat one less bite than needed each day, which means we should be disciplined in our eating even when not fasting. We become stronger by eating in moderation. (11) Doing pakkaektana strengthens our soul and helps us control our mind. (12) In England and America, there is no talk of discipline in eating. Only those who are concerned for their health practice discipline in their eating habits. However, we have spirituality in our lives, so we should understand the health and spiritual benefits. (13) In order to fast properly, we must develop firm willpower. Otherwise, we will slip midway. (14) Our sole purpose for fasting should be to please Bhagwan Swaminarayan and the Satpurush. Then Bhagwan will accept your fast. - (6-6-2018, Limbdi) – Mahant Swami Maharaj



THE END

