



# Jay Swaminarayan

Shree Swaminarayan Yuvak & Mahila Mandal Oldham

[www.swaminarayan-oldham.org](http://www.swaminarayan-oldham.org)



# AAGNA & UPASANA

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# AAGNA



## What is Aagna?

A wish or an instruction

## Who can we receive a wish or an instruction from?

- Bhagwan
- Maharajshree
- Saints
- Satsangis

# AAGNA



There are many haribhaktos that have obeyed Bhagwan's aagna Eg. Ladhiba,

- She was a widow in Bhuj
- She was always doing bhajan bhakti and was always at mandir
- Bhagwan came to Bhuj one day and went to her house

# AAGNA



- Bhagwan told her to dress like a married woman and go and get some water from the well
- Ladhiba was amazed at Bhagwan asking her to do this but without any hesitation she got dressed and went out
- Everyone passing her in the city would ask, “Ladhi, konu ghar mandyu?” (who have you married?)

# AAGNA



- Ladhiba replied, “I have been born many times, I could not get an immortal husband but now I have. I have found Lord Swaminarayan, he is my ‘husband’ who will give me ultimate salvation and take me to Akshardham”
- Hearing this Lord Swaminarayan was very pleased with her. Ladhiba was a person who could see Bhagwan’s glory and was able to place other females into samadhi to show them the divine murti of Bhagwan.

# AAGNA



Each aagna is like the 'sudarshan chakra', they are there for our protection.

An example of someone who disobeyed is Sitaji

- She overstepped the mark that was drawn out by Laxman
- And the result?... She suffered all her life, she got kidnapped by Raavan and suffered in Lanka

Five main aagnas in our Sampraday – Panch Vratman

# AAGNA



## What do the Shastras say?.. about aagna

In the Shikshapatri, Bhagwan says,

- Those who follow my aagnas will be happy in this life as well as the next. shloka 8
- Those who disobey my aagnas will suffer great distress in this life as well as in the next. shloka 9



# UPASANA



## What is Upasana?

- Practise of belief and understanding in God
- Having faith in the divine form of God

## There are 4 types of upasana...

- *Types of Upasana are written in Vachnamrut G.M.35 and in the Uddhav Samparadayni margdarshika*

### 1. Saakar upasana

- Bhagwan has a divine form
- he is never without form (not nirakaar)

# UPASANA



## 2. Shudh (pure) upasana

- no-one is like God
- we are all his servants

## 3. Pragat upasana

- believeing in the form of God that he is present/live (pratyaksha) before your eyes

# UPASANA



## 4. Sarvopari upasana

- Sarvopari means that God is above all
- Sahajanand is the cause of all avatars

In sakar upasana, most religions, even in Sanatan Dharma, believe God as nirakar, i.e. just energy or light (tej)

- But Vachnamrut G.P. 40 says
  - god is dvibhuj; with two arms
  - divine and beyond maya
  - sada sakar-is forever with a form

# UPASANA



## What do the Shastras say??... about upasana

Vachnamrut G.P. 40 Maharaj tells us:-

- reading from Vachnamrut...
- Upasana implies a specific understanding that God is always sakar with form

# UPASANA



- And even when a satsangi is in brahm state he should uphold the truth
- If you read from scriptures that God has no form, then you should always hold your belief in Bhagwan
- If a satsangi believes in this way they are called a true upasak.

# UPASANA



## Pratyaksha Bhagwan

In Shikshaptri shloka 209..

➤ My words are my divine self

Swaminarayan Bhagwan is ever present in pratyaksha form,

➤ before as human

➤ now in Murtis

➤ Murtis are identical to the form in Akshardham

# SUMMARY



## Aagna...

- A wish or an instruction
- Should obey or you will have to suffer
- Ladhiba

## Upasana...

- Having faith in Bhagwan
- Saakar, Shudh, Pragat, Sarvopari
- Should always hold your belief in Bhagwan
- Bhagwan is ever present in pratyaksha form



Any Questions??...



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