



Jai Swaminarayan

Shree Swaminarayan Yuvak & Mahila Mandal Oldham

www.swaminarayan-oldham.org

Did You Know?



- ❖ There are 1,000 deaths a year from passive smoking
- ❖ There's been a 42% rise in bullying from last year
- ❖ 1.2 million people who were under 12 took drugs in the UK last year.
- ❖ If you eat onions, it takes 22 days for it to get out of your body.

Vachanamrut G.P.P18



- ❖ What kind of atmosphere and places do you think you will be able to find these things?





- Going out, dancing, clubbing,
- At school/work
- Shops & Restaurants
- The world around us

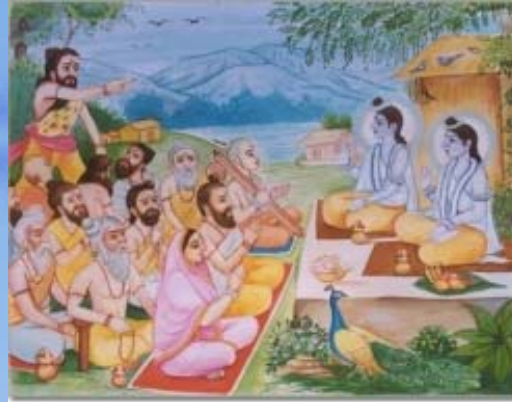




Now think of the opposite type of atmosphere.

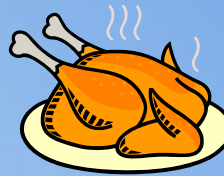


- Going to mandir
- Sitting in sabhas
- Discussing religion
- Learning about Dharma,
- Bhakti, Gnaan, Vairagya
- Are all signs of a good atmosphere.
- Staying in these conditions will purify your heart.





We take things from our 5 senses.



What we take in affects our body and mind.



Have to be VERY careful!!
Make sure you don't listen to bad things, eat bad things, look at bad things etc.



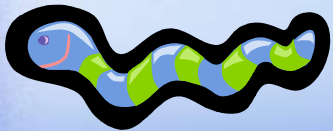
- ❖ Keeping in Bhagwan's aagna helps us to control our 5 senses.

- ❖ Sight – Watch Swaminarayan Serial!
- ❖ Hearing – Listen to Kirtan Mala
- ❖ Touch – Prasadinu Pagla/Kapru, do mala
- ❖ Taste – Eat prasadi
- ❖ Smell – Bhagwana prasadina phool (flowers)

❖ Maggot and bee story



❖ Bhramanand Swami says “duniya daar dukhi sab dekhe...dil lagya humara fakiri se..” The world sees us as dukhi (suffering), where as in fact there is no other pleasure in comparison to this satsang we are in.



Sang evo Rang



(Sang evo rang) Sang= association Rang=colours

You should keep sang with satsangis (sat=true
sang=association) and keep away from kusangis
(bad association)

❖ E.g. White paint & Brown paint

Sang evo Rang



- ❖ Naradji asked Vishnu Bhagwan, “what is satsang?”
- ❖ Asked the frog, calf & prince
- ❖ Benefits of being a satsangi
- ❖ You have to realise the impact of good and bad company. If you don't know about Bhagwan's greatness you can't understand this and realise the importance of having good sang.

Sang evo Rang



- ❖ Be aware of the type of sang you have.
- ❖ Understand the benefits and problems of keeping good and bad sang
- ❖ Keep coming to these sabhas!