



## Chaturmas Niyams

### What do you have to do?

1. Decide which of the niyams you want to do, to please the Lord.

Remember this is a promise to God; for the next 4 months, you will do this each day to please Him. So you should not promise something that you cannot achieve.

2. Fill in your niyams in the form on the next page.
3. The night before or on the first day of the start of Chaturmas, read the letter in front of God in the Mandir.





## Chaturmas Niyams

### Shreejibapa Swamibapa

Date: .....

Oh merciful Lord Swaminarayanbapa Swamibapa and Acharya Swamishree!

Today, Ashad Sud Ekadashi, is the auspicious day when we, Your loving children, make a promise to You that we will perform additional devotional tasks during the forthcoming Chaturmas. We perform these for the sole purpose of pleasing You.

Dear Lord! Shower me with Your divine grace and provide me with the strength, so that I can fulfil the promise that I make to You today. Without Your divine mercy, that would be impossible.

The additional vows that I wish to take are as follows:

#### Niyam

Oopvas on every Ekadashi .....

Dharna-parna .....

Ek-tana .....

Dhyan .....

Mara .....

Dandvat .....

Pradakshina .....

Scripture recital .....

Other vows (specify) .....

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Your loving child.....

Jay Shree Swaminarayan