

Shikshapatri Introduction & Slokh 1

Please refer to Gujarati Shikshapatri for Introduction

હું જે તે મારા હૃદયને વિષે શ્રીકૃષ્ણભગવાનનું ધ્યાન કરું છું. તે શ્રી કૃષ્ણ કેવા છે
,તો-જેના ડાબા પડખાને વિષે રાધિકાજી રહ્યાં છે અને જેના વદાઃસ્થલો
વિષે લક્ષ્મીજી રહ્યાં છે અને વૃંદાવન ને વિષે વિહારના કરનારા છે.
(શ્લોક ૧)

Slokh 1 - I (Sahajanand Swami) meditate in my heart upon Lord Krishna, on whose left stands Radha, on whose bosom resides Laxmiji and who plays (with his Bhaktas) in Vrindavan

Gujarati Terms

Introduction:

Shree Sahajanand Swami – Name give to Swaminarayan Bhagwan when made leader of the Uddhav (Swaminarayan) sect, previously headed by Ramanand Swami.

Potana – His own

Satsangi – One who keeps good company

Pratye – Towards

Shikshapatri – Shiksha means Teaching and Patri means Book, also referred to as code of conduct

Lakhta thaka – Whilst writing

Pratham – Firstly

Ishtadev – Choicest Deity, or chosen incarnation to worship

Shree – Revered title given to a person of an elevated status

Krushna – Incarnation of Lord Supreme

Bhagwan – God, Supreme Being who possesses all divine qualities.

Dhyaan – Meditation

Roop – Form, Image

Mangalacharan – Mangal means Good and Aacharan means Behaviour, or a Good Act.

Slokh 1:

Hraday – Heart

Vishe – Within

Shree Krushna – Incarnation of Lord Supreme

Dhyaan – Meditate

Daaba – Left

Padkhaane – Side

Radhikaji – Devotee of Krishna

Rahya – Stay

Vakshasthal – Bosom

Lakshmiji – Consort of Shree Krishna, often associated with wealth and prosperity.

Vrundavan – Large garden on the outskirts of Vraj

Viharna – Engaged in playful activities

Meaning

Introduction - Bhagwan Swaminarayan is saying that before I commence writing this book of conduct for my devotees, I would like to meditate upon my choicest deity who is Krushna, as a sign of an Initial prayer for the successful completion of this task.

Slokh – Next Bhagwan Swaminarayan goes onto explain which Shree Krushna he is referring to clarify all incorrect interpretations. The Shree Krushna who Bhagwan Swaminarayan is referring to is the one who has Radhaji beside him and Lakshmiji residing within him and who engages in playful activities in Vrundavan.

Why was the Slokh written?

1. Setting an example to remember Bhagwan before starting an activity.
2. Meditating on Bhagwan clears the mind and enables us to focus on the task.
3. Radhaji is mentioned because she is the ideal devotee and indicates the level of devotion we must all aspire to. Radhaji is on the left side as this is the place of the devotee as with Nar Narayan Dev.
4. Lakshmiji is mentioned as because whichever activity is dedicated to Bhagwan will be blessed with good fortune.
5. Bhagwan here is indicating the level we must achieve just as he did in the first Vachanamrut which is focus on Bhagwan's form.
6. Mangalacharan - Starting the task on the right note enables it to become successful.
7. Bhagwan Ram also shows this example before crossing the river to reach Lanka. The task at hand was to build a bridge to cross the river so the army could cross and rescue Sitaji. Bhagwan Ram performs Mangalacharan by worshipping his choicest deity – Lord Shiva. Bhagwan Ram created a Shivling (a symbolisation of Lord Shiva) out of sand. The Shivling was named Setubandh Rameshvar (Setu – Bridge, Bandh – to build, Ram – Bhagwan Ram, Eshvar – Deity)
Also when the bridge was being built by the two entrusted architects Nal and Neel (The sons of Vishvakarma the divine architect who had been cursed that whatever they threw in water would not sink) wrote the name of Shree Ram on each stone which formed to make the bridge as a Mangalacharan.

How do we follow this Slokh?

1. Remember Bhagwan before starting an activity
2. Remember when we wake up thanking Bhagwan from awakening us from deep sleep and when we go to sleep to ensure we remember him in our dreams.
3. Morning mediation (Maansi Pooja) to ensure day goes well
4. Remember in time of need i.e. Test, Examination, Interviews etc
5. Before taking food (Maansi Pooja) to ensure food is sanctified
6. Before we start Katha we perform Mangalacharan.