

## Shikshapatri - Slokh 8 & 9

અને આશિક્ષાપત્રી લખ્યાનું જે કારણ છે, તે સર્વે તંત્રાં, અને કાગમને  
કરીને ધારવું અને આશિક્ષાપત્રી, જે અમે લખી છે, તે સર્વેના જીવન  
હિતની કરનારી છે. ૭

*Slokh 8 - All those who follow the rules of good conduct as prescribed by the Shastras (Such as Srimad Bhagavat etc.) do indeed attain happiness both in this world and the world beyond*

અને તે સદાચારનું ઉલ્લંઘન કરીને જે મનુષ્ય પોતાના મનમાં આવે તેમ વર્તે છે તે તો  
કબુદ્ધિવાળા છે અને તે આલોક તથા પરલોક ને વિષે નિશ્ચયે મોટા કષ્ટ ને જ પામે છે.  
(શ્લોક ૯)

*Slokh 9 - And all those who disregard them and behave according to their own whims are indeed evil-minded and shall verily meet with great miseries in this life and the life beyond*

### **Gujarati Terms**

#### **Slokh 8**

Ane- and  
Shreemad Bhaagwad Puran – One of 18 purans  
Aadik – such as  
Satshastra – True scripture  
Jeevnaa – soul  
Kalyaan – to flourish  
Pratipaadan – highlight  
Ahimsa – non violence  
Sadaachar – good behaviour  
Manushya – human  
Aa lok – this world  
Par lok – beyond/next world  
Mahasukhiya – great happiness

#### **Slokh 9**

Ullanghan – disregard  
Potaanaa – their own  
Manmaa – mind  
Kubuddhivala – unintelligent one's  
Varte – to act  
Nishchay – faith  
Kasht – obstacle

## **Meaning**

- All those who follow the rules written in shastras e.g. Shreemad Bhagwad will be happy in this world and the next.
- Bhagwan has summarised the ethical code in the shikshapatri. The indepth meaning can be found in various shastras which again has been compiled in the Shikshapatri Bhasya (Arthadeepika).
- Shlokh 9 explains that those who disobey the rules of ethics as written in the shastras are said to be considered evil minded and will suffer in this life and the next and not attain salvation.

## **Why was the Slokh written?**

- Swaminarayan Bhagwan is telling his devotees that all rules prescribed in this book are from the satshastras such as Shreemad Bhagwad.
- Swaminarayan Bhagwan wants to teach us how we can get happiness in this life and the next life. Along with warning his own devotees that if they don't follow this shastra/other shastras then you will suffer the consequences.
- Examples of happiness & misery dependant of adherence/non adherence of shikshapatri:

### **Happiness**

- Peace of mind
- Good company
- Improve qualities
- Compassionate towards others and others towards you
- Improve home life and social circles
- Generosity – feel good about yourself
- Making right choices

### **Misery**

- Debt
- Unsteady mind
- Bad vices
- Violence
- Unhealthy
- Guilt
- Make bad choices

## **How do we follow this Slokh?**

- Read scriptures everyday.
- Shikshapatri – code of conduct – should be read every day.
- Read it to follow it and not for the sake of it
- Think before you act
- By being ethical, performing those tasks which are not against shastras

Shrimad Bhagwad Purana explains these Yamas and Niyamas for the betterment of oneself (Sadaachaar).

The twelve **Yamas** (self-controls) are:

1. **Ahimsa** - Non-violence to all living things, non-cruelty to all.
2. **Satyam** - Truth - honesty in action and speech.
3. **Asteyam** - Refraining from all criminal activity.
4. **Asagno** - Disassociation, non-attachment.
5. **Hrir** - Modesty, humbleness or unpretentiousness.
6. **Asarchaiyaha** - Does not accumulate wealth.
7. **Astikyam** - Deep faith and belief in God.
8. **Brahmcharya** - Control of senses or celibacy.
9. **Maunam** - Vow of silence.
10. **Sthairyam** - Stability and firmness of oneself.
11. **Kshama** - Forgiving, not begrudging.
12. **Abheyam** - Non-fearing.

The twelve **Niyamas** (moral practices) are:

1. **Saucham** - Cleanliness and purity of mind, body and action.
2. **Japa** - Prayer, chanting of God's name.
3. **Tapo** - Penance, physical austerities.
4. **Homaha** - Performance of ceremonial offerings - Yagna.
5. **Shraddha** - Faith in God.
6. **Atithyam** - Hospitable, welcoming all.
7. **Madarchanam** - Devotion and worship of God.
8. **Tirthatanam** - Performing pilgrimages.
9. **Paratheyam** - Desire for salvation.
10. **Tushtira** - Satisfaction, contentment.
11. **Svadyaya** - Study of Vedas, Shastras.
12. **Acharyasevanam** - Service to a Guru.