



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

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Shikshapatri Bhashya 40

|| ***All those who come to the temples of Lord Shree Krishna either daily or on festivals, shall keep themselves away from the opposite sex, by not even touching*** ||

The mind is very temperamental; hence by touching or talking to the other sex would merely lead the mind away from concentration on God.

‘Those who in a temple of God touch another woman or even look regularly at women, face destruction.’ – Narad Muni.

Fact – there is always going to be a natural attraction between men and women. Hence to control this is very difficult. Such attraction often makes people do foolish things as under this lust they fail to think rationally.

The touch of a woman has been compared to a sting of a scorpion, illustrating that a mere touch can lead to self-destruction. Lust leads to the destruction of our faith in God and religion. Therefore, Swaminarayan temples have segregated and separated sabhas (note that vimukh temples such as BAPS do not have such control within their sabhas).

Note that just because a festival attracts a larger congregation, this does not mean that we should not observe this dharma. Especially on Diwali, we see many men and women greeting each other and touching each other using the excuse that we wish to say Happy New Year. Is this really acceptable? NO!

In India, male and female temples are separate hence no issue of not having interaction. But what about temples in UK and elsewhere where only a wall divides the sabha?

- Self –control – realise where you are and refrain from having conversations over the wall.
- It doesn't take much effort to ensure that you discuss the time you will leave or get back to the car before you actually enter the Mandir (is it really necessary to stand at the back and wait for family members unnecessarily?)
- When playing raas avoid looking over the wall to see what/how the other side are playing.
- During darshan are you looking at God or at who has just turned up on the other side?
- Such self control is one of the reasons why females should cover their heads whilst on Mandir premises.
- Don't sit at the back where you can get a glimpse of whose sitting on the other side!!



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- The reason why men give sermons and not women – women are stronger mentally and can control their minds better than men, hence women listen to men as opposed to men listening to women.

So how should men and women act inside a Mandir?

- Leave all other thoughts outside the Mandir, only God should be on our minds
- Upon entering the temples take you shoes off and wash your hands.
- Abstain from talking unnecessarily inside the Mandir.
- Do Panchang/ Shashtaang (concentrate on the idol of God and not those around you)
- Do Pradikshana
- Sit in a place where you have sight of God's murti and do mala, and participate in the hymns of the sabhas.