



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 SHLOK 18

|| *My male and female disciples shall never commit adultery nor indulge in gambling and other such vices. They shall abstain from inhaling and drinking intoxicating substances such as bhang, tobacco, snuff and the like* ||

The act of adultery involves having relations with a male or female to whom you are not married and is considered equally sinful to both men and women. Committing adultery is said to reduce your life expectancy and is therefore a sin similar to committing suicide. Some scriptures say that even an affair that lasts only one night is enough to destroy all the boons accumulated throughout one's life. As with **Ahimsa** just the thought of committing adultery is a sin in itself and is equal to the sin of actually carrying out the act. Thoughts of adultery occur to lustful people and **Kaam** (lust) is one of the main human characteristics, which we must learn to control as it causes us to be distracted from Maharaj and diverts our attentions towards things that are not beneficial to our souls. To avoid the temptation of committing adultery it is forbidden to socialise with the opposite sex unless you are married to them or they are part of your immediate family, even then on days of fast and other religious days one should avoid contact from anyone from the opposite sex. The practice of limiting contact with the opposite sex is not just applicable to the married, even us young unmarried boys and girls should avoid unnecessary interactions in order to help us overcome our lust and therefore be able to concentrate fully on Satsang.

Some argue that visiting a prostitute does not count as adultery as she is not married to anyone. However, Shatanand Muni said that this type of female is considered a **Vrushli** (one of the 5 types of women all men should avoid) and therefore should be avoided at all costs regardless of whether it is deemed as adultery or not, in fact the act of cavorting with a prostitute is considered an even greater sin than adultery.

The second part of the Shlok deals with unfavourable bad habits and addictions, both of which lead a person away from their religious duties and therefore prevent them from reaching Akshardham. The vices mentioned in the Shlok all mean that your mind is impaired and that means that you are unable to devote your full attention to the Lord. Gambling is likened to stealing the wealth of another, and it causes **Lobh** (greed), another human characteristics which we must control in order to attain **Moksha**. Only a person who is free from all bad habits and addictions is said to be a Bhakta of the Lord, because a true Bhakta is only addicted to God and nothing else.

Taking substances which the body does not need to survive is considered to be a sin as it makes it unliveable for God because it becomes polluted. All



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intoxicating substances are harmful to the body and reduces life expectancy, which is a major sin as discussed above.

Questions:

1. What are the other four Vrushlis?
2. Kaam and Lobh are two human characteristic we must learn to eliminate, what are the others?
3. Is drinking tea wrong according to this Sholk?