



**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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## **FIVE VOWS OF SHREE SWAMINARAYAN SAMPRADAY**

Bhagwan Shree Swaminarayan established five (5) Vows Panch Vartaman for people in Grhasta Ashram i.e. house-holders.

### **The basic five Vows of house-holders:**

The followers within the Swaminarayan Sampradaya were increasing in large numbers and therefore only devotion and worship is not enough for salvation. The virtuous moral and devotional human life is absolutely necessary. So Lord Swaminarayan preached the five basic Vows compulsory for all householders.

- 1. DHARU**
- 2. MAAS**
- 3. CHORI**
- 4. AVERI**
- 5. VATALVUN NAHI NE VATLAVAVUN NAHI**

### **1. DHARU VARTMAN**

No satsangi of Lord Swaminarayan should consume alcohol or any other intoxicating drug of any sort or form, not even as medicine to saves one's life. Smoking of any type and taking of tobacco or likewise is also prohibited. This includes items such as bhang.

### **2. MAAS VARTMAN**

Lord Shri Hari restricts His followers from eating meat in any form and in any case, not even as the offerings – prasad of a deity or remains from a yagna (sacrifice). It should never be taken as medicine or a healing agent to save one's life.

### **3. CHORI VARTMAN**

The followers of Swaminarayan Bhagwan should never indulge in theft or stealing even of the smallest item under any circumstances, even if it is for offerings to a deity, without the permission of the owner. Stealing should never be attempted even to saves one's life.



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#### **4. AVERI VARTMAN**

Adultery is a great sin under any circumstances for all followers. Satsangis should never look at any woman with passion. They should never keep close contact with any persons of the opposite gender except their nearest relations. They should never stay alone or in privacy even with young daughters, sisters or even mothers.

#### **5. VATLAVUN NAHI NE VATLAVAVUN NAHI VARTMAN**

Devotees of Lord Swaminarayan must practise non-conversation. They must follow the other four vows closely and not stray from these rules, or allow or encourage others to stray from this path.

The above five basic vows are compulsory for all the followers excluding children below the age of six years and very old persons or those who are very sick. Some relaxation of these rules is permitted in the most exceptional circumstances such as natural disasters.

Followers who abide by all these five basic vows will be happy throughout their lifetime and even in the lives to come. Lord will bless them with all the success and prosperity in life with the ultimate goal to reach his Abode.

True followers of Lord Swaminarayan should always stick to the panch vartaman for their benefit. By doing so they are securing their health, prestige, wealth and will power and ultimately the sure path to the Abode of Lord Swaminarayan. The panch vartaman are necessary for a person to become a human being and should not be thought of as exclusive to being a satsangi.