



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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Prabodhini Ekadashi

Prabodhini Ekadashi is one the most special Ekadashi's. This great Ekadashi is one of the most sacred and fruitful Ekadashi's of the year. It marks the end of Chaturmas, and the beginning of Tulsi Vivah. "Prabodh" means awaken. Prabhodhi Ekadashi, therefore, marks the awakening of Vishnu Bhagwan from his four month sleep and his subsequent return to His Dham after spending four months in Patal with Bali Raja.

Dev Prabhodhini Ekadashi is referred to as the King of all Ekadashi's. On this day of Kartik Sud 11, many auspicious events took place in the Swaminarayan Sampraday mentioned as below:

- The Birth of Shree Dharma Dev (Samvat 1796, in the village of Itaar, Uttar Pradesh, North India).
- Shree Nilkanth Varni acquired the maha-diksha, and was named Sahajanad Swami and Narayan Muni (VS 1857 in Piplana).
- Shree Sahajanand Swami was enthroned the gadi of the sampraday (VS 1858 in Jetpur).
- Shree Swaminarayan Bhagwan established the two acharyas of the sampraday
- and dictated the Desh Vibhaag Lekh (VS 1882). This day concludes the end of the Chaturmaas Niyams taken by millions of followers worldwide.
- It is the 24th Ekadashi (the last of all Ekadashi's)

The greatness of this Ekadashi is immense in terms of measuring the value of keeping the Vrat on this day. Bhrahma has said "Those who eat once on this day will destroy their sins for past one birth; those who do not eat at all will destroy their sins for previous seven births

Many people spend a lot of money and travel to India to do pilgrimage and have darshan of the various many Tirths (mentioned in the shastras are 68 main divine tirths). It is said all the Tirths come and reside in the house of the devotee who follows the Vrat of this Ekadashi. This Vrat enables a devotee to be closer to God, become pure and also gives benefit for the family members to become pure as well. Carrying out this Vrat with full faith will give eternal bliss and attain Akshardham.

As written in the Skand Puran, Once Naradji asked Brahma, "In order to attain the ultimate fruits of this Ekadashi, what are the rules and methods of conducting this vrat?" Lord Brahma answers, "Oh Narad – what a auspicious moment for me to have to explain you the vrat of Prabodhini Ekadashi. Listen, O Narad, I hereby explain you the routine of the activities of the day:

1. Wake up early
2. Do your daily routine, have a shower and become pure.
3. Do your daily pooja and make a wish (sankalp) to God, "Oh Bhagvan, I am hereby submitting you, and am commencing this vrat of Ekadashi today. O Creator, please give me



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strength to control my senses. Please pardon me with your bhakti today".

4. During the whole day, try and avoid having contact with worldly pleasures as much as you can. Keep remembering Bhagvan and perform Jap of His divine blissful name.
5. In the evening, have a shower and perform pooja. Give donations to the poor and needy.
6. Offer your niyams you have performed in the past four months at the holy feet of Bhagvan.

Swaminarayan Bhagwan explains in the Vachnamrut that a true Ekadashi Vrat is when one withdraws the ten indriyas and the eleventh, the mind, from their worldly activities and focuses them on God and devotional activities

The Indriyas that should be controlled during Ekadashi are as follow:

5 Sense organs: Eyes, Ears, Nose, Skin, Tongue

5 Motor organs: Hands, Feet, Mouth, Reproductive Organs, Excretory
Organs, The Mind